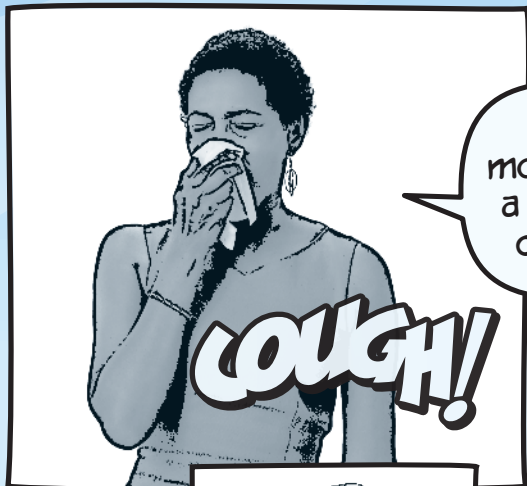


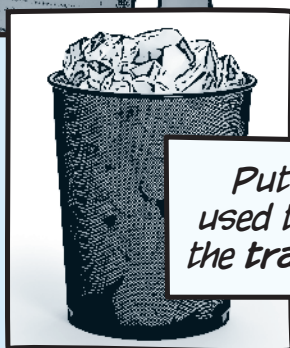
# Cover your cough



Cover your mouth and nose with a *tissue* when you cough or sneeze.

or

Cough or sneeze into your *sleeve or elbow*, not your hands.



Put your used tissue in the trash can.



If you seek medical care, you could be asked to put on a surgical *mask* to protect others, or you can ask for a *mask*.

## Clean your Hands

after coughing or sneezing.

Wash your hands with soap and water



or



clean with alcohol-based hand cleaner.

**S**top the spread of germs that make you and others sick!